

SOUTH BEND NEWS-TIMES

Morning-Evening-Sunday.  
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The Paper That Does Things

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JUNE 17, 1916.

THAT PROMISED PANIC.

With it proven to a certainty that only about five per cent of the industrial operations of the country, and the consequent prosperity, is the result of the manufacture of war munitions and supplies, the republican stretch of imagination—or ignorance or disrespect for truth,—which sees a calamity just around the corner, demonstrates again the extent of the once grand old party's hardihood for an issue. That is about the nearest thing to "hard times" discernable to a really discerning eye, anywhere for years to come. There being no panic to prate about, the dope makers seem to have discovered that about next best thing is to prophesy one, pretending that the present prosperity is blood prosperity, and that when the war is over everything must go to the how wows, for sure, that is, unless the republicans are in power to save us.

But the fact of the matter is that instead of the war relieving, the "hard times" into which the republicans psychologically led the country two years ago for political effect, they were deliberately kicked into the bonfire with the establishment of the federal reserve banks, yanking control of the money of the nation, as needed in business, away from Wall st. where panics are manufactured, and republican campaigns financed. Bankers of Wall st. themselves now admit that there can never be another money panic in this country; that is, of course, unless the republicans get into power and repeal the federal reserve bank act. But this is not all. Standing out against the possibility, or probability of a panic following the war, is the fact that Europe is going to need us then much more than she needs us now, this in addition to her having more than she can do to rehabilitate herself.

Instead of our having to pass laws to eliminate the European and European made goods after the war, our best promised trouble will be to get Europeans and European made goods, quite as much so as we are being troubled that way at present. Throughout that entire continent, things generally are going to the how wows, humanity included. Railroads are being kept up, except military lines; bridges, ties, rails, rolling stock and repair equipment are all wearing out.

Likewise the factories are running down, except as they are given to the manufacture of war supplies. The buildings and machinery for scores of peaceful industries is broken or rusting. Thousands of public buildings are falling into disrepair.

Millions of houses, which have not suffered from the fire or shell of battle, are in need of shingles, paint, nails, whitewash, wall paper and window glass. Cooking stoves are in bad shape. Washboards and scrub pails and brooms are worn out. Furniture is going to pieces. Upholstery is threadbare. Rugs are getting full of holes.

Carpenters' and painters', plumbers' and blacksmiths' tools, and those of dozens of other trades, are wearing out, too. Farm machinery and gardening implements are hopelessly inadequate. Livestock is scarce.

Two or three or four hundred million people, accustomed to at least a moderate degree of decency and comfort, are not buying clothes or personal conveniences, and everything perishable that they possess is on the ragged edge.

What an enormous lot of things the people and governments of Europe will have to buy after the war! Billions upon billions of dollars will have to be spent for rails, cars, cement, lumber, steel, glass, machinery, tools, clothing, and all the myriad needs of a great industrial society, before that society can start again on anywhere near its old basis.

And who will provide most of this vast quantity of goods to re-equip Europe? The United States, of course. And Europe will pay us what cash it has left, and go in our debt for the rest, giving us a virtual mortgage on that continent.

And yet there are Americans—who claim to be intelligent—who pretend to fear that the close of the war will bring us hard times!

THE ST. LOUIS CONVENTION.

Renomination of Woodrow Wilson and Thomas Riley Marshall to lead the democracy of the nation in the coming campaign—and the nation as a whole for the succeeding four years,—is democracy's indorsement of the administration's accomplishments. Only the expected has happened in this particular. As a shining mark it stands forth in bold contrast with the manner in which the republicans four years ago indorsed the administration of William Howard Taft and James Schoolcraft Sherman—an indorsement by the bosses, only it seems to have been, and so illy-received that the party went upon the rocks of destruction in consequence.

Democracy, however, has been able to renominate Wilson and Marshall without crashes or disharmony. There was some talk, early in the week, of other candidates for vice president, but we guess it was largely St. Louis talk calculated to draw a larger attendance to St. Louis in the hope of seeing a scrap, seemingly

somewhat of a typical American delight. There is little question but that with the masses of the people, in spite of our boasted civilization and enlightenment, a larger crowd could still be drawn to witness a bull fight—than would turn out to hear Billy Sunday preach or Theodore Roosevelt bluster. However, St. Louis couldn't cut it, even with the aid of the news agencies, and special correspondents of the big republican dailies—eager to stir up discord somewhere. No other names save those of Wilson and Marshall ever got before the convention and the nominations were by acclamation.

Even William Jennings Bryan, long the republican hope that a row would be precipitated over something, has dashed those hopes to the ground. Addressing the convention, he proved his democracy and loyalty to the president, in spite of republican assurances that he was to rip things up by the roots generally. But Mr. Bryan understands the republican party, and the republican press, and maybe realizes that the things that they want is quite always the things that the republic, for the welfare of the people, ought not to have. Mr. Bryan may not agree with Pres't Wilson on everything, but he is not so egotistical or prejudiced as to permit that to drive him into doing anything that would aid the republicans whom he knows to be wrong in pretty much everything. He will take the stump for Pres't Wilson and preserve the full force of his great following to the democratic cause.

Furthermore, if there is anything on earth that William Jennings Bryan despises, it is a hypocrite—and that means the republican party this year. It is useless to go into details. He outlined them himself in his writings on the republican convention at Chicago. We have related the most glaring incidents previously in this column. His assurance after the split at Washington, no doubt considerably exaggerated from certain sources for political effect, that he is not only not fighting the president, but he is ready to fight for him, will be just as disconcerting to the republicans as it is comforting to the democrats who have been frequently misled on the point by opposition untruthfulness.

The candidates and the platform, however, are the important features of the convention. There is no misunderstanding of the positions taken by the democracy of 1916. The record of three years is back of them, and there is no mincing of questions calculated to present a double meaning. None of these things will please opposition. It is not expected that they will, but the intelligent public that reads and thinks, and whose patriotism stands superior to their partisanship, will at least decline to be humbugged. They will seek the truth and decide for themselves, which done, democracy has nothing to fear from the intelligent, thinking and patriotic. The St. Louis convention takes its place in the political history of the country for indexing among such events as stand for exhibitions of good sense, level headedness, honest convictions and a noble cause,—as against such events as the Chicago convention that ran largely to bluff, puff, goose-speech and gall.

HOME RULE SOON.

The Sinn Fein revolt seems likely to result, despite prophecies to the contrary, in immediate benefit to Ireland. The British government has decided that liberty is better than severity. Lloyd-George has been working on a peace plan with his usual force and effectiveness. Sir Edward Carson and John Redmond, respective leaders of the Ulster unionists and the Irish nationalists, who were supposed to be irreconcilable, are said to have agreed on a workable plan.

Ireland is to have its parliament, and have it not after the war, but immediately. The provisions for self-government, too, are said to be more liberal than those previously contemplated.

Carson has seen the handwriting on the wall. He realizes that home rule for Ireland is inevitable, because it is essential for the preservation of the empire. He only demands that the Protestant counties of Ulster be excepted from the operation of the home rule system about to go into effect. And it is reported that he no longer regards this exception as more than a temporary expedient to make an Irish parliament tolerable to the Ulsterites by accommodating them gradually to the new regime. An election is to be avoided as dangerous in the present state of affairs. The first parliament is to be made up of the present Irish representatives in the British parliament.

Providence works in mysterious ways. Those infatuated Sinn Feiners may, after all, soon be regarded as examples of rare foresight and patriotism instead of deluded victims of Germany and unintentional traitors to their country.

TO MAKE CROSSINGS SAFER.

While the railroads have been rapidly increasing the margin of safety in carrying passengers, it appears that their crossing accidents have been mounting. In some parts of the country there has been an increase of 1,000 per cent of such accidents within five years. The peril, which was always great in the vicinity of cities, has assumed importance in every place where a highway crosses a railroad, because of the enormous growth of automobile traffic in rural districts. The American Railway association points out that a big contributing factor to the toll of injury and death at the grade crossings is the lack of uniformity in crossing signals. Various states have various systems. The association recommends their standardization.

It would have uniform approach-warning signals, uniform color of warning light used at night, uniformly painted crossing gates with alternate black and white stripes, uniform rules to govern crossing watchmen, and uniform use of a circular disk with the word "Stop" painted on it, instead of the flags now used by the watchmen.

If these rules, or an equivalent set, were adopted universally throughout the country, the public would have far more protection and the railroads would have fewer damage suits to settle.

INSANE FOURTH.

Talk about patriotism. The country is simply bubbling over with it. For instance, Stockton, Calif., has raised the ban placed on fire crackers in the city limits. The Stockton city council believes a "sane fourth" has a depressing effect on youthful patriotism. And right here we opine that the casualty list next July fourth is going to be a record breaker in Stockton and maybe elsewhere.

What will Cartanza do about the United States having its consulate burned at Durango City and its flag dragged through the streets? Oh, he'll probably ask the United States to apologize for it.

The Velvet Hammer

By Arthur Brooks Baker

CHARLES COONLEY.

Charles Coonley is the friend of man, that great bipedal bluff who takes a tablespoonful of the druggist's magic stuff, And with imperishable hope and confidence and pride, Decants it down his tunnel and deposits it inside; Who, after making faces for a brief and formal spell, Writes out his testimonial and says that he is well.

But while he uses medicine to stimulate his health; He won't experiment with drugs upon his private health. He says that if we all would be more careful and discreet And use a little judgment in selecting stuff to eat, We wouldn't have so many inconvenient aches and ills Nor holler half so loudly for his plaster and his pills.

But food alone is not enough to keep a man alive. We've got to take some exercise if we expect to thrive. Each morning at six-thirty, while the silly sluggish yawn, He stands upon his front porch commencing with the dawn. And going through the motions in a system of his own, Which fortifies the muscles and invigorates the bone.

He thinks the tax commissioners are optimistic guys Because they let the value of his downtown corner rise; But even Coonley's warmest and most energetic friend Could not keep down the price of land in rising young South Bend; And though he yells about his tax, It's surely rather nice To own a piece of land which can command so tall a price.

WITH OTHER EDITORS THAN OURS

MORE HEALTH FOR LESS MONEY.

(Bismarck, N. D., Tribune.)

Meat is dear, and going up pretty steadily. We can no longer afford to eat meat as we used to. That is generally regarded as a misfortune. And yet, according to a scholarly work on diet, written by Prof. Chittenden of Yale university, it may be a blessing in disguise. In the professor's opinion, such deprivation, whether voluntary or enforced, brings better health and greater vigor and efficiency. Here is the theory, as worked out and substantiated by Prof. Chittenden in a series of elaborate experiments.

Foods, as anybody knows who has looked into the diet question at all, are divided into three classes: First, proteids, represented chiefly by meat, fish, milk and eggs; second, starches and sugars, represented chiefly by the grains and vegetables; third, fats. Proteid is needed for bodily growth and repair work. It is the stuff of which the cells and tissues are built. Starch and sugar furnish the fuel that heats the body and provides energy for work. Fat serves about the same purpose, but is more concentrated and less easily assimilated.

Of the three classes of food, proteid is the most important. Without it the maintenance of life is impossible. But a little proteid goes a long way. Prof. Chittenden finds that most of us eat from two to four times as much of it as we need. The surplus is not merely wasted, but imposes on the body the needless burden of digesting it and then getting rid of it. That burden falls chiefly on the kidneys, and is a big contributing cause of kidney diseases. Furthermore, the stuffing of the body with expensive proteid fills it full of "clinkers," making the victim "dopey," impairing his strength and lowering his general power of resisting disease.

The thing to do, says Prof. Chittenden, is not to "cut out meat," but to eat less meat and other proteid foods, and make up for it if necessary by eating more of the fuel-producing cereals, vegetables, etc. He insists, however, that in nearly every case the total food consumption can profitably be reduced. In his own experience with several groups of men representing various occupations, lasting over several months, he found that almost without exception, as the quantity of food eaten was reduced to what would ordinarily be considered a "starvation diet," the men not merely kept their weight but actually gained a little. And what was much more important, they doubled their physical strength or working capacity, and "felt better than they ever had felt before."

The summer is a good time to try out this theory. If we can double our energy and save money at the same time, merely by giving a little attention to diet, why not do it?

SOLDIERS' AILMENTS.

(Desert News, Salt Lake City.)

It is with maladies many, strange and subtle that the modern army surgeon is called upon to deal. Ailments there are, it seems, that are no less real and serious because they attack the spirit rather than the body. Time was when the army surgeon paid no heed to these. Soldiers afflicted with them were classified, oftentimes, as malingerers. They were looked upon as "soft"; their courage was even questioned and they were compelled, in cases innumerable, to endure the slights and jeers of their comrades. It is those days the sick soldier was sick only

THE MELTING POT

FILLED BY THE EDITORIAL STAFF

BIOLOGY.

Biology's the finest brand of cultivated knowledge That any one can purchase in a well conducted college. It monkeys with the mysteries of all the living creatures Which constitute creation's bright and fascinating features; And man can learn a lot about himself and sundry others By scientific study of the little lower brothers.

So long as axes sought in perpendicular directions And searched in hell and heaven for their intricate connections, The world was full of ignorance, of misery and anguish, And science was so weak it could but sit about and tanquish; But when they went and wisely tapped the biologic sources, It lent some class and ginger to their minds and mental forces.

Their large and lengthy labors are displayed in the museum, Where empty ignominies can step around and see 'em; Where every level-headed and serene investigator Can look upon the handicraft that's wrought by his creator And see the things which offer with harmonious insistence Some fundamental facts about the nature of existence.

A. B. B.

The chief boiler of this melting pot is not English, although often some contributions are held for some time.

The war in Europe seems to be still in progress or lack of progress.

Taking a trench seems to be a hard job. The only way you can take it is to completely ruin it and then it's not there for you to take.

First thing you know the nations in Europe will be declaring a holiday every time they advance an inch on the western front.

Of course there is such a thing as a Russian Inch.

No more conventions till 1920.

And yet they sometimes say we have nothing to be thankful for.

THE LIFE OF JAKE HECKAMAN.

Chapter 30.

Horace Fox, who has been decaying the upper right hand corner of the last page of South Bend's choice newspapers for quiet a spell, came to us with a story which we reprint in this here column unhesitatingly after getting the sanction of our hero, Mister Jake F. T. A. Heckaman, the subject of this serious. Once there was an old lady, according to Mister Fox's version, who had a daughter what was a beauty for a kind of an indulgent haint got nuthin to do with the yarn. We don't remember the old lady's name but the girl's title was Agnes. Well Ag's mother wanted some milk so she sent the girl across the street with a pitcher to get some. She gave the girl a thin dime by which to make the purchase.

Back after which an ax she dropt the pitcher and broke it and lost the dime. The mother gave her a brand new outfit, pitcher an dime an all, and sent her again. By and by Ag comes back again and sez she broke the pitcher an lost the dime. Her mother being a kind of an indulgent old stick gives her another pitcher and a other dime. Well you wood not hardly belief but Ag comes back an aint and makes the same kind of a report that she lost the dime and broke the pitcher. The mother give her another pitcher an a dime and

when he bore unmistakable physical evidence of his sickness. Nowadays, from Europe's battlefields, many a soldier is invalidated home when, to all appearances, he is still physically fit though, it may be, a "bit run down." The usual methods of diagnosis fail to detect a disorder. But the army surgeon recognizes its existence and acts accordingly. In England, for instance, there is a hospital where cases of "soldier's heart" are treated exclusively. And "soldier's heart," explained in terms that the layman understands, seems to be nothing more serious than a deep depression of the spirit. Sir James Mackenzie, eminent authority on cardiac irregularities, says that the ailment is not disease of the heart, as the term is commonly understood, but a sickness quite as distressing and almost as serious unless it is promptly and properly treated.

So, when a soldier on the line begins to exhibit a tendency toward melancholy, he is sent back to the base for examination. The clinic thermometer may show no temperature and the delicate instruments of diagnosis may indicate no ailment, but the man, officer or private, is designated nevertheless as unfit for duty. In our Civil war, toward its end, army surgeons were beginning to take note of such subtle troubles. But before such diseases were recognized, it is probable that their victims suffered far more in agony of mind than those whose sickness was more obvious and ordinary. Nostalgia, which must have assailed soldiers of the past no less than it assails soldiers of today, is another ailment that the modern army surgeon recognizes. This, with the "soldier's heart"—and possibly the two are not entirely dissimilar—is treated rationally with the idea of curing the victim and returning him to the front to continue in the service of his country. Trench fighting, as it is conducted in this great conflict, cannot fail to rend and twist and shatter the nerves. The army surgeon of today well understands this fact, and while he prescribes for diseases to which man commonly is prone, and patches up the soldier's body, he treats also, and wisely, those diseases that are of the spirit rather than of the flesh. — Indianapolis News.

Two old cronies—poverty and disease. (Tampa, Fla., Times.) Following an extensive investigation in many cities, the public health

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Electric Lights are the best lights — no question there, everybody says so.

Electric Lights are the cheapest illumination—the new low rate makes this so.

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WHEN HELLER SAYS  
IT'S OAK IT'S OAK

Attend The Military Training Camp

Fort Benjamin Harrison, Indianapolis, Ind., July 5th to August 14th, 1916, at the expense of the Rotary Club of South Bend.

Object of the Camp.

- (a) To offer an opportunity for business and professional men and students, of suitable education training and age to qualify themselves for efficient service to the country in case of need.
- (b) To foster a patriotic spirit and spread among the citizens of the country some knowledge of military history, military policy and military needs.
- (c) To instill during a short period healthy outdoor life, the habits of obedience, discipline, command of self control that are the prerequisites of efficiency in every business and profession, and to send citizens back from the camp better prepared to take care of themselves and others.

Qualifications. An applicant for enrollment.

- (a) Must be a citizen of the United States or have taken out first papers.
- (b) Must be between 16 and 45 years of age.
- (c) Must be of sound physical condition.
- (d) Must have a college education or the equivalent. By "Equivalent" is meant a good elementary education, which has been supplemented by business or professional training. This is to be stated on application blank. A high school graduate is eligible.
- (e) Must bear an excellent character.

The Rotary club will pay all expenses of the person chosen to be their representative at the camp. The method of choosing the representative will be as follows:

Applicants must completely fill out the enrollment blank given below, sign same and forward to Rotary club, in care of The News-Times, War Dept.

Enrollment must be filed before midnight June 17th.

On Monday, June 19th the names of all applicants will be published in the News-Times together with a ballot. The citizens of South Bend will be asked to make the selection for the Rotary club by voting for their favorite.

The candidate receiving the greatest number of votes will be declared elected.

The 2nd highest 1st alternate.

The 3rd highest 2nd alternate.

The 4th highest 3rd alternate.

1916 Enrollment Blank

Military Training Camps, U. S. Army, Central Department.

(Surname) (Print name) (Given name)

(Mail address)

I. I hereby make application for admittance to the First Military Training Camp to be held at Fort Benjamin Harrison, Indianapolis, Ind., July 5th to August 4th, 1916 or at such other army post within the Central Department as may be designated by the War Department.

2. I will attend for the full period as applied for unless unforeseen circumstances should prevent, and agree to obey the rules and regulations established for the government of the camp. I will pay upon arrival at the camp the sum required to cover my part of the expenses at the camp. Not to exceed \$25.00 for the period of enrollment.

3. The following data is submitted:

(a) I am a citizen of the United States.....

(b) I shall be..... years of age July, 1916. Height..... feet..... inches. Weight..... pounds. I am a graduate of.....

(c) State any special knowledge you may have professional or mechanical.....

(d) State previous attendance at Training Camps, if any.....

(e) State other military experience, if any since August, 1911.....

(f) Foreign languages spoken and read with facility.....

(Signature of applicant)